

SCHOOL GYM 2012

SCHOOL FITNESS 3T

A FUNCTIONAL FITNESS PATHWAY FOR ALL

School Fitness 3T

Training Testing Technique

RESOURCE CARDS

Jumping & Landing (Multi-Directional)

Dylan Blain

BSc, PGCE (Secondary Physical Education),
PGCE (Physical Education), FHEA, PhD (c)

ACTIVITY LADDER



	LOWER BODY			UPPER BODY		JUMPS AND LANDING			CARRIES	THROWS	CORE		AEROBIC DEVELOPMENT	SPEED		COORDINATION	
	SQUAT	HIP	SINGLE LEG	PUSH	PULL		HORIZONTAL	VERTICAL			MULTI DIRECTIONAL	BRACE		ROTATE	LINEAR		MULTI DIRECTIONAL
					HORIZONTAL	VERTICAL											
10	OVERHEAD PARALLEL SQUAT	SNATCH GRIP DEADLIFT FROM FLOOR	SINGLE LEG BOX SQUAT PARALLEL RESISTED	BARBELL BENCH PRESS	INVERTED ROW RESISTED FEET ON BOX	ROPE PULL NO LEGS	3 HOPS FOR DISTANCE	MULTIPLE HURDLE HOPS	SINGLE LEG MULTIDIRECTIONAL HOP MATRIX	WAITER'S CARRY SINGLE ARM	EXPLOSIVE MED BALL SQUAT DIVE	MULTIDIRECTIONAL AQUABAG	CATCH AND THROW	AEROBIC EXERCISE - DEVISE IT YOURSELF	MAX SPEED TECHNIQUE	REACTIVE MULTIPLE CHANGE OF DIRECTION	ALTERNATE SINGLE LEG SQUAT THRUST
9	OVERHEAD HALF SQUAT	DEADLIFT FROM FLOOR	SINGLE LEG BOX SQUAT PARALLEL BODYWEIGHT	BARBELL FLOOR PRESS	INVERTED ROW RESISTED FEET ON FLOOR	CHIN / PULL UP RESISTED	BROAD JUMPS 3 JUMPS FOR DISTANCE	MULTIPLE HURDLE JUMPS INCREASE HEIGHT	MULTIDIRECTIONAL HOP MATRIX	WAITER'S CARRY DOUBLE ARM	EXPLOSIVE MED BALL OVERHEAD BACKWARD	WALKING WITH AQUABAG	SINGLE ARM ROTATIONAL THROW	FARTLEK EXERCISE 2	ACCELERATION TECHNIQUE	REACTIVE SINGLE CHANGE OF DIRECTION	JUMPING JACKS ONTO BOX
8	RESISTED PARALLEL BACK SQUAT	DEADLIFT FROM BLOCKS / OFF PINS	SINGLE LEG BOX SQUAT HALF RESISTED	NEUTRAL GRIP DB FLOOR PRESS	INVERTED ROW BW FEET ON BOX REPS	PULL UP	REPEATED HURDLE HOP AND STICK	MULTIPLE HURDLE JUMPS LOW HURDLES	45 DEGREE REPEATED HOP	SINGLE ARM FARMERS WALK	EXPLOSIVE MED BALL OVERHEAD FORWARD	BOSU BALL WITH STAND NUDGES	SINGLE HAND CATCH AND ABSORB	INTERVAL EXERCISE 2	A DRILL RUNNING	PROGRAMMED MULTIPLE CHANGE OF DIRECTION	BACK STEPS BOUNCING
7	RESISTED PARALLEL FRONT SQUAT	KETTLEBELL SWING	SINGLE LEG BOX SQUAT HALF BODYWEIGHT	RESISTED PRESS UP FEET ELEVATED	INVERTED ROW BW FEET ON FLOOR REPS	CHIN UP	REPEATED HURDLE JUMP AND STICK	HURDLE JUMP AND STICK INCREASE HEIGHT	45 DEGREE REPEATED STEP	DOUBLE ARM FARMERS WALK	EXPLOSIVE MED BALL OVERHEAD SLAM	PARTNER HAND SLAP	ISOMETRIC SINGLE HAND BAND RESIST	CONTINUOUS EXERCISE 2	A DRILL SKIPPING	PROGRAMMED SINGLE CHANGE OF DIRECTION	BACK STEPS WITH ARMS
6	RESISTED HALF BACK SQUAT	GOOD MORNING	RESISTED WALKING LUNGE	RESISTED PRESS UP FEET ON FLOOR	INVERTED ROW BW FEET ON BOX ISOMETRIC HOLD	PULL UP BAND ASSISTED	SINGLE HURDLE HOP AND STICK	HURDLE JUMP AND STICK LOW HURDLE	45 DEGREE REPEATED JUMP	POWERBAG OVER SHOULDER CARRY 1 SIDE	STANDING LATERAL THROW AGAINST WALL	STANDING PARTNER NUDGE	SINGLE HAND STATIC WALL PUSH	FARTLEK EXERCISE 1	LOCKOUT SKIPPING	LADDER / HURDLE DRILLS FULL SPEED	BACK STEPS HANDS ON HIPS
5	RESISTED HALF FRONT SQUAT	ROMANIAN DEADLIFT	SPLIT SQUAT BACK LEG ELEVATED	STABILITY BALL PRESS UPS	INVERTED ROW BW FEET ON FLOOR ISOMETRIC HOLD	CHIN UP BAND ASSISTED	SINGLE HURDLE JUMP AND STICK	BOX JUMP INCREASE HEIGHT	LATERAL HOPS OVER HURDLES	POWERBAG OVER SHOULDER CARRY BOTH SHOULDERS	STANDING OVERHEAD THROW AGAINST WALL	STANDING BAND PULLS	HOT LIZARDS	INTERVAL EXERCISE 1	LOCKOUT WALKING PLATE RESISTED	LADDER / HURDLE DRILLS HALF SPEED	ALTERNATE HEEL TO BUM JUMPING
4	GOBLET PARALLEL SQUAT REPS	BAND GOOD MORNING	LUNGE VARIATIONS REPS	PRESS UPS REPS FEET ELEVATED	30 DEGREE ROW UP TO 20 REPS	PULL UP ISOMETRIC HOLD	60CM HOP AND STICK	BOX JUMP LOW BOX	LATERAL JUMPS OVER HURDLES	SINGLE ARM WEIGHTED HOLD INCREASE RESISTANCE	STANDING CHEST PASS AGAINST WALL	FRONT PLANK WITH SHOULDER TAP	TWISTING KETTLEBELL LIFT	CONTINUOUS EXERCISE 1	LOCKOUT WALKING	LADDER OR HURDLE DRILLS WALKING	ALTERNATE HEEL TO BUM WALKING
3	GOBLET HALF SQUAT REPS	RESISTANCE BAND PULL THROUGH REPS	90/90 SPLIT SQUAT REPS	PRESS UPS REPS FEET ON FLOOR	ISOMETRIC HOLD 30 DEGREE ANGLE	CHIN UP ISOMETRIC HOLD	60CM BROAD JUMP AND STICK	VERTICAL JUMP AND STICK WITH ARMS	LATERAL HOP AND STICK	SINGLE ARM WEIGHTED HOLD	KNEELING LATERAL THROW AGAINST WALL	SIDE PLANK	LOG CHOP	AEROBIC EXERCISE FORMS / TYPES	ACCELERATION WALL DRILL FULL SPEED	LATERAL SHUFFLE FULL SPEED	SPOTTY DOGS
2	GOBLET PARALLEL SQUAT ISOMETRIC HOLD	GOOD MORNING / WAITERS BOW REPS	90/90 SPLIT SQUAT HOLD BACK KNEE OFF FLOOR	PRESS UP ISO HOLD FEET ELEVATED	45 DEGREE ROW UP TO 20 REPS	ASSISTED PULL UP ISOMETRIC HOLD	30CM HOP AND STICK	VERTICAL JUMP AND STICK HANDS ON HIPS	LATERAL STEP AND STICK	DOUBLE ARM WEIGHTED HOLD INCREASE RESISTANCE	KNEELING OVERHEAD THROW AGAINST WALL	FRONT PLANK	HORIZONTAL BAND TWISTS	LEARNING ABOUT PACING	ACCELERATION WALL DRILL MARCHING	LATERAL SHUFFLE HALF SPEED	DOUBLE JUMPING JACKS
1	GOBLET HALF SQUAT ISOMETRIC HOLD	GOOD MORNING / WAITERS BOW ISOMETRIC HOLD	90/90 SPLIT SQUAT HOLD BACK KNEE ON FLOOR	PRESS UP ISO HOLD FEET ON FLOOR	ISOMETRIC HOLD 45 DEGREE ANGLE	ASSISTED CHIN UP ISOMETRIC HOLD	30CM BROAD JUMP AND STICK	LANDING MECHANICS STEP OFF BOX AND STICK	LATERAL JUMP AND STICK	DOUBLE ARM WEIGHTED HOLD	KNEELING CHEST PASS AGAINST WALL	DISH	STANDING DOWEL TWIST	INTRODUCTION TO AEROBIC EXERCISE	ACCELERATION WALL DRILL POSTURE HOLD	LATERAL SHUFFLE WALKING	SINGLE JUMPING JACKS

ACTIVITY LADDER



	LOWER BODY			UPPER BODY			JUMPS AND LANDING			CARRIES	THROWS	CORE		AEROBIC DEVELOPMENT	SPEED		COORDINATION
	SQUAT	HIP	SINGLE LEG	PUSH	PULL		HORIZONTAL	VERTICAL	MULTI DIRECTIONAL			FRONT PLANK	SIDE PLANK		LINEAR	MULTI DIRECTIONAL	
					HORIZONTAL	VERTICAL											
10	OVERHEAD PARALLEL SQUAT	SNATCH GRIP DEADLIFT FROM FLOOR	SINGLE LEG BOX SQUAT PARALLEL RESISTED	BARBELL BENCH PRESS	INVERTED ROW RESISTED FEET ON BOX	ROPE PULL NO LEGS	3 HOPS FOR DISTANCE	MULTIPLE HURDLE HOPS	SINGLE LEG MULTIDIRECTIONAL HOP MATRIX	WAITER'S CARRY SINGLE ARM	EXPLOSIVE MED BALL SQUAT DIVE	FRONT PLANK 1 ARM 1 FOOT OFF FLOOR PARTNER RESISTED FOR REPS	SIDE PLANK WITH LEG AND ARM RAISE	RUNNING AEROBIC INTERVALS	MAX SPEED TECHNIQUE	REACTIVE MULTIPLE CHANGE OF DIRECTION	ALTERNATE SINGLE LEG SQUAT THRUST
9	OVERHEAD HALF SQUAT	DEADLIFT FROM FLOOR	SINGLE LEG BOX SQUAT PARALLEL BODYWEIGHT	BARBELL FLOOR PRESS	INVERTED ROW RESISTED FEET ON FLOOR	CHIN / PULL UP RESISTED	BROAD JUMPS 3 JUMPS FOR DISTANCE	MULTIPLE HURDLE JUMPS INCREASE HEIGHT	MULTIDIRECTIONAL HOP MATRIX	WAITER'S CARRY DOUBLE ARM	EXPLOSIVE MED BALL OVERHEAD BACKWARD	FRONT PLANK PARTNER RESISTED HOLD	SIDE PLANK WITH LEG RAISE	RUNNING 30 MINS	ACCELERATION TECHNIQUE	REACTIVE SINGLE CHANGE OF DIRECTION	JUMPING JACKS ONTO BOX
8	RESISTED PARALLEL BACK SQUAT	DEADLIFT FROM BLOCKS / OFF PMS	SINGLE LEG BOX SQUAT HALF RESISTED	NEUTRAL GRIP DB FLOOR PRESS	INVERTED ROW BW FEET ON BOX REPS	PULL UP	REPEATED HURDLE HOP AND STICK	MULTIPLE HURDLE JUMPS LOW HURDLES	45 DEGREE REPEATED HOP	SINGLE ARM FARMERS WALK	EXPLOSIVE MED BALL OVERHEAD FORWARD	FRONT PLANK 1 ARM 1 FOOT OFF FLOOR FOR REPS	SIDE PLANK HOLD 60 S	RUNNING 20 MINS	A DRILL RUNNING	PROGRAMMED MULTIPLE CHANGE OF DIRECTION	BACK STEPS BOUNCING
7	RESISTED PARALLEL FRONT SQUAT	KETTLEBELL SWINGS	SINGLE LEG BOX SQUAT HALF BODYWEIGHT	RESISTED PRESS UP FEET ELEVATED	INVERTED ROW BW FEET ON FLOOR REPS	CHIN UP	REPEATED HURDLE JUMP AND STICK	HURDLE JUMP AND STICK INCREASE HEIGHT	45 DEGREE REPEATED STEP	DOUBLE ARM FARMERS WALK	EXPLOSIVE MED BALL OVERHEAD SLAM	FRONT PLANK 1 ARM 1 FOOT OFF FLOOR HOLD	SIDE PLANK HOLD 40 S	RUNNING 10 MINS	A DRILL SKIPPING	PROGRAMMED SINGLE CHANGE OF DIRECTION	BACK STEPS WITH ARMS
6	RESISTED HALF BACK SQUAT	GOOD MORNING	RESISTED WALKING LUNGE	RESISTED PRESS UP FEET ON FLOOR	INVERTED ROW BW FEET ON BOX ISOMETRIC HOLD	PULL UP BAND ASSISTED	SINGLE HURDLE HOP AND STICK	HURDLE JUMP AND STICK LOW HURDLE	45 DEGREE REPEATED JUMP	POWERBAG OVER SHOULDER CARRY 1 SIDE	STANDING LATERAL THROW AGAINST WALL	FRONT PLANK 1 ARM OFF FLOOR FOR REPS	SIDE PLANK HOLD 20 S	BIKE / CROSS TRAINER / ROWER 30 MINS	LOCKOUT SKIPPING	LADDER / HURDLE DRILLS FULL SPEED	BACK STEPS HANDS ON HIPS
5	RESISTED HALF FRONT SQUAT	ROMANIAN DEADLIFT	SPLIT SQUAT BACK LEG ELEVATED	STABILITY BALL PRESS UPS	INVERTED ROW BW FEET ON FLOOR ISOMETRIC HOLD	CHIN UP BAND ASSISTED	SINGLE HURDLE JUMP AND STICK	BOX JUMP INCREASE HEIGHT	LATERAL HOPS OVER HURDLES	POWERBAG OVER SHOULDER CARRY BOTH SHOULDERS	STANDING OVERHEAD THROW AGAINST WALL	FRONT PLANK 1 ARM OFF FLOOR HOLD	SIDE PLANK REPS	BIKE / CROSS TRAINER / ROWER 20 MINS	LOCKOUT WALKING PLATE RESISTED	LADDER / HURDLE DRILLS HALF SPEED	ALTERNATE HEEL TO BUM JUMPING
4	GOBLET PARALLEL SQUAT REPS	BAND GOOD MORNING	LUNGE VARIATIONS REPS	PRESS UPS REPS FEET ELEVATED	30 DEGREE ROW UP TO 20 REPS	PULL UP ISOMETRIC HOLD	60CM HOP AND STICK	BOX JUMP LOW BOX	LATERAL JUMPS OVER HURDLES	SINGLE ARM WEIGHTED HOLD INCREASE RESISTANCE	STANDING CHEST PASS AGAINST WALL	FRONT PLANK HOLD 60 S	KNEELING SIDE PLANK HOLD 60 S	BIKE / CROSS TRAINER / ROWER 10 MINS	LOCKOUT WALKING	LADDER OR HURDLE DRILLS WALKING	ALTERNATE HEEL TO BUM WALKING
3	GOBLET HALF SQUAT REPS	RESISTANCE BAND PULL THROUGH REPS	90/90 SPLIT SQUAT REPS	PRESS UPS REPS FEET ON FLOOR	ISOMETRIC HOLD 30 DEGREE ANGLE	CHIN UP ISOMETRIC HOLD	60CM BROAD JUMP AND STICK	VERTICAL JUMP AND STICK WITH ARMS	LATERAL HOP AND STICK	SINGLE ARM WEIGHTED HOLD	KNEELING LATERAL THROW AGAINST WALL	FRONT PLANK HOLD 40 S	KNEELING SIDE PLANK HOLD 40 S	WALKING 30 MINS	ACCELERATION WALL DRILL FULL SPEED	LATERAL SHUFFLE FULL SPEED	SPOTTY DOGS
2	GOBLET PARALLEL SQUAT ISOMETRIC HOLD	GOOD MORNING / WAITER'S BOW REPS	90/90 SPLIT SQUAT HOLD BACK KNEE OFF FLOOR	PRESS UP ISO HOLD FEET ELEVATED	45 DEGREE ROW UP TO 20 REPS	ASSISTED PULL UP ISOMETRIC HOLD	30CM HOP AND STICK	VERTICAL JUMP AND STICK HANDS ON HIPS	LATERAL STEP AND STICK	DOUBLE ARM WEIGHTED HOLD INCREASE RESISTANCE	KNEELING OVERHEAD THROW AGAINST WALL	FRONT PLANK HOLD 20 S	KNEELING SIDE PLANK HOLD 20 S	WALKING 20 MINS	ACCELERATION WALL DRILL MARCHING	LATERAL SHUFFLE HALF SPEED	DOUBLE JUMPING JACKS
1	GOBLET HALF SQUAT ISOMETRIC HOLD	GOOD MORNING / WAITER'S BOW ISOMETRIC HOLD	90/90 SPLIT SQUAT HOLD BACK KNEE ON FLOOR	PRESS UP ISO HOLD FEET ON FLOOR	ISOMETRIC HOLD 45 DEGREE ANGLE	ASSISTED CHIN UP ISOMETRIC HOLD	30CM BROAD JUMP AND STICK	LANDING MECHANICS STEP OFF BOX AND STICK	LATERAL JUMP AND STICK	DOUBLE ARM WEIGHTED HOLD	KNEELING CHEST PASS AGAINST WALL	KNEELING PLANK HOLD 20 S	KNEELING SIDE PLANK REPS	WALKING 10 MINS	ACCELERATION WALL DRILL POSTURE HOLD	LATERAL SHUFFLE WALKING	SINGLE JUMPING JACKS

JUMPS AND LANDING

HORIZONTAL	VERTICAL	MULTI DIRECTIONAL
3 HOPS FOR DISTANCE	MULTIPLE HURDLE HOPS	SINGLE LEG MULTIDIRECTIONAL HOP MATRIX
BROAD JUMPS 3 JUMPS FOR DISTANCE	MULTIPLE HURDLE JUMPS INCREASE HEIGHT	MULTIDIRECTIONAL HOP MATRIX
REPEATED HURDLE HOP AND STICK	MULTIPLE HURDLE JUMPS LOW HURDLES	45 DEGREE REPEATED HOP
REPEATED HURDLE JUMP AND STICK	HURDLE JUMP AND STICK INCREASE HEIGHT	45 DEGREE REPEATED STEP
SINGLE HURDLE HOP AND STICK	HURDLE JUMP AND STICK LOW HURDLE	45 DEGREE REPEATED JUMP
SINGLE HURDLE JUMP AND STICK	BOX JUMP INCREASE HEIGHT	LATERAL HOPS OVER HURDLES
60CM HOP AND STICK	BOX JUMP LOW BOX	LATERAL JUMPS OVER HURDLES
60CM BROAD JUMP AND STICK	VERTICAL JUMP AND STICK WITH ARMS	LATERAL HOP AND STICK
30CM HOP AND STICK	VERTICAL JUMP AND STICK HANDS ON HIPS	LATERAL STEP AND STICK
30CM BROAD JUMP AND STICK	LANDING MECHANICS STEP OFF BOX AND STICK	LATERAL JUMP AND STICK

JUMPS AND LANDING

HORIZONTAL

VERTICAL

MULTI
DIRECTIONAL

SINGLE LEG
MULTIDIRECTIONAL
HOP MATRIX

MULTIDIRECTIONAL
HOP MATRIX

45 DEGREE
REPEATED
HOP

45 DEGREE
REPEATED
STEP

45 DEGREE
REPEATED
JUMP

LATERAL
HOPS OVER
HURDLES

LATERAL
JUMPS OVER
HURDLES

LATERAL HOP
AND STICK

LATERAL
STEP AND
STICK

LATERAL
JUMP AND
STICK

1



LATERAL JUMP & STICK



DIFFICULTY

1



- Set 2 cones side by side a short distance apart



- Bend knees and push floor away from you as quick as possible with both feet
- Jump sideways/laterally from one cone to the other



- Land softly and as quietly as possible
- Keep your knees out, shins vertical and in line with your hips and ankles
- Stick & hold landing for 3 seconds
- Repeat for desired number of reps



POINTS ZONE

2 REPS = 1 POINT

MAXIMUM OF 4 POINTS PER SET

AVAILABLE ACHIEVEMENTS



HANDHELD DEVICE ZONE

VIDEO DEMO...



MAKE IT EASIER...

MAKE IT HARDER...



LEARNING ZONE

G

GRADUALLY
MAKE
HARDER

A

APPLY TO
•EVERYDAY LIFE
•SPORT

I

IMPROVE
AND
INNOVATE

N

NEVER SET
UNREALISTIC
TARGETS
NO CHEATING

S

SAFE EXERCISE
AT ALL TIMES
IN ALL AREAS

Dylan Blain

SCHOOL FITNESS 3T

JUMPS AND LANDING

HORIZONTAL

VERTICAL

MULTI DIRECTIONAL

SINGLE LEG
MULTIDIRECTIONAL
HOP MATRIX

MULTIDIRECTIONAL
HOP MATRIX

45 DEGREE
REPEATED
HOP

45 DEGREE
REPEATED
STEP

45 DEGREE
REPEATED
JUMP

LATERAL
HOPS OVER
HURDLES

LATERAL
JUMPS OVER
HURDLES

LATERAL HOP
AND STICK

LATERAL
STEP AND
STICK

LATERAL
JUMP AND
STICK

2



LATERAL STEP & STICK



DIFFICULTY

2

POINTS ZONE

2 REPS = 1 POINT

MAXIMUM OF 4 POINTS PER SET

AVAILABLE ACHIEVEMENTS



- Set 2 cones side by side a short distance apart



- Start on one leg
- Bend knee and push floor away from you as quick as possible off one foot
- Step sideways/laterally from one cone to the other
- Land on the opposite foot



- Land softly and as quietly as possible
- Keep your knee out, shin vertical and in line with your hip and ankle
- Stick & hold landing for 3 seconds
- Repeat for desired number of reps



HANDHELD DEVICE ZONE

VIDEO DEMO...



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SCHOOL FITNESS 3T

3

HORIZONTAL	VERTICAL	MULTI DIRECTIONAL
3		SINGLE LEG MULTIDIRECTIONAL HOP MATRIX
		MULTIDIRECTIONAL HOP MATRIX
		45 DEGREE REPEATED HOP
		45 DEGREE REPEATED STEP
		45 DEGREE REPEATED JUMP
		LATERAL HOPS OVER HURDLES
		LATERAL JUMPS OVER HURDLES
		LATERAL HOP AND STICK
		LATERAL STEP AND STICK
	LATERAL JUMP AND STICK	



LOWER BODY

DIFFICULTY



- Set 2 cones side by side a short distance apart



- Start on one leg
- Bend knee and push floor away from you as quick as possible off one foot
- Hop sideways/laterally from one cone to the other



- Land softly and as quietly as possible
- Keep your knee out, shin vertical and in line with your hip and ankle
- Stick & hold landing for 3 seconds
- Repeat for desired number of reps

2 REPS = 1 POINT

MAXIMUM OF 4 POINTS PER SET

AVAILABLE ACHIEVEMENTS



HANDHELD DEVICE ZONE

VIDEO DEMO...



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IN ALL AREAS**

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SCHOOL FITNESS 3T

4

HORIZONTAL	VERTICAL	MULTI DIRECTIONAL
4		SINGLE LEG MULTIDIRECTIONAL HOP MATRIX
		MULTIDIRECTIONAL HOP MATRIX
		45 DEGREE REPEATED HOP
		45 DEGREE REPEATED STEP
		45 DEGREE REPEATED JUMP
		LATERAL HOPS OVER HURDLES
		LATERAL JUMPS OVER HURDLES
		LATERAL HOP AND STICK
		LATERAL STEP AND STICK
	LATERAL JUMP AND STICK	



LOWER BODY

DIFFICULTY



- Set up a series of hurdle in a straight line
- Stand side on to the hurdles



- Bend knees and push floor away from you as quick as possible with both feet on each jump
- Jump sideways/laterally over each hurdle



- Land softly and as quietly as possible
- Keep your knees out, shins vertical and in line with your hips and ankles
- Stick/hold your landing off the last hurdle
- Repeat for desired number of reps



2 REPS = 1 POINT

MAXIMUM OF 2 POINTS PER SET

VIDEO DEMO...



MAKE IT EASIER...



MAKE IT HARDER...



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LATERAL HOPS OVER HURDLES



DIFFICULTY



- Set up a series of hurdle in a straight line
- Stand side on to the hurdles on one foot



- Bend knee and push floor away from you as quick as possible with both feet on each hop
- Hop sideways/laterally over each hurdle



- Land softly and as quietly as possible
- Keep your knee out, shin vertical and in line with your hip and ankle
- Stick/hold your landing off the last hurdle
- Work alternate legs
- Repeat for desired number of reps



POINTS ZONE

2 REPS = 1 POINT

MAXIMUM OF 2 POINTS PER SET

AVAILABLE ACHIEVEMENTS



HANDHELD DEVICE ZONE

VIDEO DEMO...



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AT ALL TIMES
IN ALL AREAS**

**MULTI
DIRECTIONAL**

LATERAL JUMP AND STICK

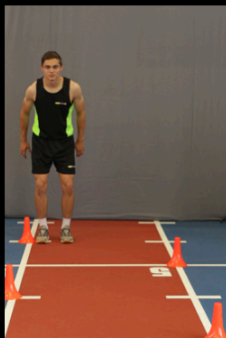
6



45 DEGREE REPEATED JUMPS



DIFFICULTY



- Set up cones on a 45 degree circuit
- Stand on the inside of the first cone



- Bend knees and push floor away from you as quick as possible with both feet
- Jump on a 45 degrees to the second, third then fourth cone in turn, following the circuit



- Land softly and as quietly as possible
- Keep your knees out, shins vertical and in line with your hips and ankles
- Stick & hold landing by the last cone for 3 seconds
- Complete circuit in opposite direction
- Repeat for desired number of reps



POINTS ZONE

5 REPS = 1 POINT

MAXIMUM OF 2 POINTS PER SET

AVAILABLE ACHIEVEMENTS



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JUMPS AND LANDING

HORIZONTAL

VERTICAL

MULTI DIRECTIONAL

SINGLE LEG
MULTIDIRECTIONAL
HOP MATRIX

MULTIDIRECTIONAL
HOP MATRIX

45 DEGREE
REPEATED
HOP

45 DEGREE
REPEATED
STEP

45 DEGREE
REPEATED
JUMP

LATERAL
HOPS OVER
HURDLES

LATERAL
JUMPS OVER
HURDLES

LATERAL HOP
AND STICK

LATERAL
STEP AND
STICK

LATERAL
JUMP AND
STICK

7



45 DEGREE REPEATED STEPS

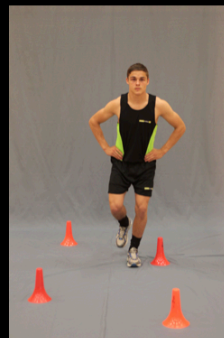


DIFFICULTY

7



- Set up cones on a 45 degree circuit
- Stand on the inside of the first cone on one foot



- Bend knee and push floor away from you as quick as possible with one foot
- Land on the next cone with the opposite foot
- Follow the 45 degree circuit, stepping from cone to cone



- Land softly and as quietly as possible
- Keep your knees out, shins vertical and in line with your hips and ankles
- Stick & hold landing by the last cone for 3 seconds
- Complete circuit in opposite direction
- Repeat for desired number of reps



POINTS ZONE

5 REPS = 1 POINT

MAXIMUM OF 2 POINTS PER SET

AVAILABLE ACHIEVEMENTS



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JUMPS AND LANDING

HORIZONTAL

VERTICAL

MULTI DIRECTIONAL

SINGLE LEG
MULTIDIRECTIONAL
HOP MATRIX

MULTIDIRECTIONAL
HOP MATRIX

45 DEGREE
REPEATED
HOP

45 DEGREE
REPEATED
STEP

45 DEGREE
REPEATED
JUMP

LATERAL
HOPS OVER
HURDLES

LATERAL
JUMPS OVER
HURDLES

LATERAL HOP
AND STICK

LATERAL
STEP AND
STICK

LATERAL
JUMP AND
STICK

8



45 DEGREE REPEATED HOPS



DIFFICULTY

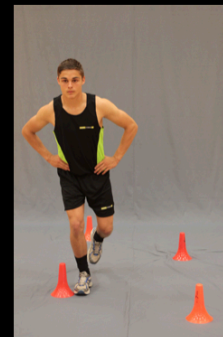
8



- Set up cones on a 45 degree circuit
- Stand on the inside of the first cone on one foot



- Bend knee and push floor away from you as quick as possible with one foot
- Hop on a 45 degrees to the second, third then fourth cone in turn, following the circuit



- Land softly and as quietly as possible
- Keep your knee out, shin vertical and in line with your hip and ankle
- Stick & hold landing by the last cone for 3 seconds
- Complete circuit in opposite direction
- Repeat for desired number of reps using both feet



POINTS ZONE

5 REPS = 1 POINT

MAXIMUM OF 2 POINTS PER SET

AVAILABLE ACHIEVEMENTS



HANDHELD DEVICE ZONE

VIDEO DEMO...



MAKE IT EASIER...



MAKE IT HARDER...



LEARNING ZONE

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GRADUALLY
MAKE
HARDER

A

APPLY TO
•EVERYDAY LIFE
•SPORT

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IMPROVE
AND
INNOVATE

N

NEVER SET
UNREALISTIC
TARGETS
NO CHEATING

S

SAFE EXERCISE
AT ALL TIMES
IN ALL AREAS

Dylan Blain

SCHOOL FITNESS 3T

9

JUMPS AND LANDING		
HORIZONTAL	VERTICAL	MULTI DIRECTIONAL
		SINGLE LEG MULTIDIRECTIONAL HOP MATRIX
		MULTIDIRECTIONAL HOP MATRIX
		45 DEGREE REPEATED HOP
		45 DEGREE REPEATED STEP
		45 DEGREE REPEATED JUMP
		LATERAL HOPS OVER HURDLES
		LATERAL JUMPS OVER HURDLES
		LATERAL HOP AND STICK
		LATERAL STEP AND STICK
		LATERAL JUMP AND STICK



MULTIDIRECTIONAL JUMP MATRIX



DIFFICULTY

9 ● ● ● ● ●



- Set up the hurdle matrix as shown in the photograph
- Start in the centre



- Bend knees and push floor away from you as quick as possible with both feet
- Jump out of the central zone forward, back in, out left, back in, out front, back in, out right, back in, out back and back in



- Land softly and as quietly as possible
- Keep your knees out, shins vertical and in line with your hips and ankles
- Stick/hold landing after final jump
- Repeat for desired number of reps



POINTS ZONE

1 REP = 1 POINT

MAXIMUM OF 2 POINTS PER SET

AVAILABLE ACHIEVEMENTS



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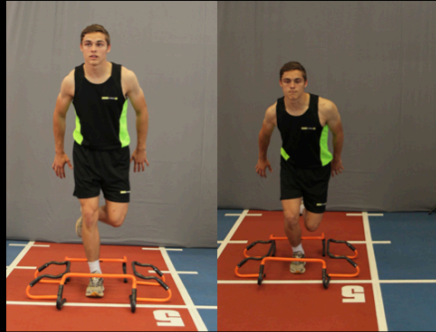


MULTIDIRECTIONAL HOP MATRIX



DIFFICULTY

10 ● ● ● ● ●



- Set up the hurdle matrix as shown in the photograph
- Start in the centre of the matrix



- Bend knee and push floor away from you as quick as possible with 1 foot
- Hop out of the central zone to your left, back in, out front, back in, out right, back in, out back and back in



- Land softly and as quietly as possible
- Keep your knee out, shin vertical and in line with your hip and ankle
- Stick/hold landing after final hop
- Repeat for desired number of reps using both legs



POINTS ZONE

1 REP = 1 POINT

MAXIMUM OF 2 POINTS PER SET

AVAILABLE ACHIEVEMENTS



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